

Title: Subject Control/Arrest Techniques

Lesson Purpose: To present to students/officers practical and effective techniques of control and defense using empty hand tactics, along with strikes that will enable the officer to successfully handle combative persons/subjects during the officers' tour of duty.

Training Objectives: At the end of this block of instruction, the student will demonstrate an understanding of the following topics in accordance with the training and information received:

1. Identify the levels of force listed in the use of force continuum.
2. Understand and demonstrate the proper fighting stance.
3. Understand and demonstrate proper punch, palm heel and kick mechanics: Left straight punch, cross body punch/right straight punch, palm heel strikes, front kick.
4. Understand and demonstrate the outside/360 degree defense. (defense against haymakers, hooks, knife and blunt object attacks) Demonstrate counterattacks while engaged in defense.
5. Understand and demonstrate weapon retention in and out of the duty holster.
6. Understand and demonstrate weapon takeaways from the front and from the rear.

Hours: Four Hours (4)

Instructional Method: Lecture, Discussion, Demonstration, practical exercises

Materials: Mats/sparring shields/boxing gloves/training aids

References: Combs, John. "Subject Control and Arrest Techniques." BLET manual, Salemburg NC.

Levine, Darren. "Complete Krav Maga"

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I. Introduction

A. Opening Statement

B. Training Objectives

NOTE: Read objectives Aloud

C. Reasons for Defensive Tactics

D. Safety Briefing

1. NO horseplay. Training will be safe AND fun. Everyone MUST participate.
2. Not here to hurt partner, here to learn and practice defensive tactic techniques. How you practice and train here is how you will respond on the street.

II. Body

A. Levels in the force continuum/ Response to Resistance and Aggression

1. Officer Presence/Command Presence
2. Soft Hands – Grabs, escorts
3. Pain Compliance – Taser, OC spray, pressure points
4. Mechanical Compliance – Arm bars, wrist locks, joint manipulations
5. Impact – Baton, punches, kicks, knees, elbows
6. Deadly Force – Firearm, knife, other weapons

NOTE: After covering use of force go into warm up and stretching exercises. Jumping jacks, high knees, jog around mat room, push ups, v ups, shoulder tag standing, shoulder tag on all fours. During shoulder tag, have partners switch several times, watching for “flags/indicators”.

B. Fighting Stance

1. Feet hip width apart. Reaction leg/ non-dominant leg forward.
2. Both feet pointing forwards
3. Weight on the balls of the feet, not back on the heels.
4. Hands up eyebrow level, 6-8" from the face, elbows in.
5. Chin Tucked

C. Combatives

NOTE: Have students stand in a neutral stance. Arms folded across the chest. Rotate shoulders side to side looking to the direction you are rotating. This is leading to the rotation that is needed for punch mechanics.

NOTE: Now have students go into the fighting stance. Arms across chest. Same rotation back and forth, but keep focus straight ahead.

1. Left straight punch.
 - a) Driving with legs, keeping elbow down as long as possible, extend left fist forward. As hand travels out, shoulder and hip rotate forward, at last minute fist rotates.
 - b) Make contact with first two knuckles of fist. Wrist should be straight and punch through the target. At moment of impact, weight is in the punch.
 - c) Keep right hand glued to jaw to protect from counter attack.
 - d) Recoil quickly, bringing left hand back to starting position

NOTE: Instructor will demonstrate. Have students practice on the instructors count. Then have them punch at their own speed.

2. Cross body/right straight punch

- a) Driving with legs and keeping elbow down as long as possible, extend right fist forward.
- b) As hand travels out, rotate shoulder and hip forward
- c) Make contact with the first two knuckles. Be sure wrist is straight. Punch through the target. Left hand glued to jaw protecting from counter punch.
- d) Recoil quickly, bringing right hand back to starting position.

NOTE: Instructor will demonstrate. Have students practice on instructors count. Then have them punch at their own speed.

NOTE: Now have the students put both punches together.

3. Palm heel strikes

- a) Same fighting stance from above.
- b) Same mechanics as above.
- c) When making contact, wrist is flexed backwards, hand is open, fingers curled, make contact with hard surface at the base of the hand. Rotate wrist inward as you strike.

NOTE: Have students practice left palm heel strikes. Practice right palm heel strikes, and combination.

4. Front Kick (Rising)

- a) Start in fighting stance.
- b) Swing dominant leg forward bending the knee.
- c) As the hip comes forward, snap foot out toward target.
- d) Drive the shin and foot thru the target
- e) Recoil the foot and leg to the starting position.

NOTE: Have students practice using kick shields. Demonstrate how to hold the shield to maximize safety.

D. 360 Degree (Outside Defense) –

This defense will be a basic introduction to outside defenses, including defenses against hooks, haymakers, punches and knife attacks. This defense is instinctive and based upon reflexive movement. (Defend using the blade of the arm. Defend wrist to wrist. Put weight behind the defense.)

1. Position #1: With the elbow bent at 90 degrees, raise the forearm above and slightly in front of the head to defend against an attack coming straight down.
2. Position #2: With the elbow bent 90 degrees, raise the arm at an angle (like the roof of a house-about 30*) to defend against an attack at 45*
3. Position #3: Elbow at 90*, send the forearm out parallel to the floor (with both arms out, it would look like a horizontal goalpost) to defend from an attack coming from the side.
4. Position #4: Bring bent elbow in tight to the body to defend against an upward attack to the ribs.
5. Position #5: Elbows bent at 90*, point fingers down to defend against and upward attack to the ribs.
6. Position #6: Elbow bent at 90*, lower the arm to a 30* angle to defend against a rising attack to the body. Be sure to bend at the waist and not the knees.
7. Position #7: Elbow bent at 90*, lower the forearm below and slightly in front of the chest to defend against a rising attack to the center of your body. Bend at the waist and not at the knees.

NOTE: Instructor will demonstrate the positions one by one. Then have the students demonstrate. Instructor will then throw

punches while standing at the front and the class will all defend. Then students will pair off and practice defense. Start out slowly and gradually increase speed. Instructors will advise when to switch roles. Switch partners several times.

NOTE: Defend using the blade of the arm. Defend from wrist to wrist. Defender should look at center of chest so as to use peripheral vision. LEARN TO LOOK FOR CLUES OR WARNING SIGNS.

E. Handgun Retention in Holster

Retention to be used when an attacker goes after the gun from the front while the officer's weapon is still holstered. Officer should be looking for signs of someone who may want to attempt to take away the officer's weapon. Officer should make every effort to prevent anyone from grabbing them. If someone reaches towards the officer's duty belt, the first thing to secure is the duty weapon because this presents the most significant threat. The officer secures the weapon and redirects what is reaching at them.

The below is the technique used should the attacker get his hand on the officer's weapon.

1. Officer uses the dominant hand to secure the weapon in the holster.
2. The officer uses the non- dominant to deliver a palm heel strike to the attacker.
3. Officer now uses the blade of the non-dominant arm to strike against the wrist of the suspect's wrist that is on the weapon. The officer will rotate at the waist using the body to generate maximum striking power against the suspect's wrist.
4. Once breaking the grip of the suspect, the officer will create distance and continue giving commands.

NOTE: Have students break off into pairs and practice.

- From Side
- F. Handgun Retention/ Weapon out of Holster/ Attack
- non-dominant side.
1. Attacker grabs the weapon from the officer's
 2. Officers steps/dashes in to where the
 3. Officer rotates at the waist, using the
- attacker's hands are.
- shoulder to break attacker's grip.

NOTE: Give instructions on how the attacker should grab the weapon to ensure safety. Demonstrate. Have officers partner up and practice.

- Front
- G. Handgun Retention/Out of Holster/Attack From
- non-dominate side.
1. Squeeze the trigger of your weapon
 2. Rotate the weapon/swing the weapon to
 3. Deliver front kick to the A-Frame area.
 4. If the offender still has a grip on the gun,
- swing the gun back to the dominant side.
5. Dash in to where the suspects hands still
- grip the weapon, officer rotates at the waist and uses the shoulders to break grip.

NOTE: Instructor demonstrates. Officers partner up and practice. Have them practice w/ different partners.

- H. Handgun Take away From Front (RCAT)
1. Redirect. Take the weapon of line

2. Control. Control the weapon, driving the weapon back into the attacker. Keep your arm straight and keep weight/pressure on weapon.
3. Attack. Deliver strikes/combatives to weapon holder.
4. Takeaway. Use hand that is currently not on the weapon to come under the weapon and grab the weapon by the hammer area.
5. Rotate the weapon as a lever 45 degrees.
Take the weapon away.

NOTE: Instructor demonstrates. Officers partner up and practice. *5 finger Grip to avoid injury**

- I. Handgun Take away From the Rear
 1. As the threat is applied, the officer must look to the rear to see where the weapon is.
 2. Leading with the arm, the officer is stepping and turning at the same time deep enough to redirect the weapon and taking the body off line.
 3. While stepping deep, the officer will bring the leading arm up under the attacker's arm that has the weapon. The officer will trap the attackers arm in order to control the weapon.
 4. With the opposite arm, the officer is attacking the attacker by delivering elbow strikes to the head/face. (Keep weapon arm trapped)
 5. As elbow strikes are delivered, the officer can slide his arm down to secure the assailant's wrist keep the weapon trapped.
 6. Follow up with knee strikes, shin/front kicks as needed.
 7. To take the weapon away, officer reaches with the off hand, reach over the weapon, pinky up, and grab the barrel. Snap the gun hard down toward the elbow to break the grip and takeaway the weapon.

8. Create distance and gain control via commands.